INTEGRITY AND CLUB SERIES TREADMILLS

CST, CLST & 97TI ASSEMBLY INSTRUCTIONS

M051-00K58-0379 REV. E

LifeFitness®
WHAT WE LIVE FOR

Congratulations...

and welcome to the world of

LifeFitness

The following Component Lists and the step-by-step assembly procedures have been assembled to make the set-up of this treadmill as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the treadmill.

IMPORTANT SAFETY INSTRUCTIONS !

- **DO NOT** position the rear of the treadmill any closer than 6.5 feet (2 meters) to the nearest obstruction. It is recommended that the sides of the treadmill should maintain a minimum clearance of 1.64 feet (0.5 meters) from the nearest treadmill or other obstruction.
- **DO NOT** locate the treadmill outdoors, near swimming pools, or in areas of high humidity.
- **DO** verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this assembly instruction booklet.

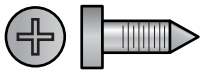
  Save the shipping cartons in case of return.
- **DO** read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the treadmill and helps you to train your staff effectively.

- **NE** placez PAS l'arrière du tapis roulant dans un rayon de 2 m (6 pi) de l'obstruction la plus proche. Les côtés de l'appareil ne doivent pas se trouver à moins de 20 cm (19.7 po) du tapis roulant voisin ou de toute autre obstruction.
- **NE** placez PAS le tapis roulant à l'extérieur, près d'une piscine ou dans des endroits très humides.
- **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez l'assistance clientèle de Life Fitness au numéro indiqué au dos de cette brochure d'instruction de montage.
- **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez l'assistance clientèle de Life Fitness au numéro indiqué au dos de cette brochure d'instruction de montage.

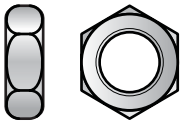
COMPONENT LIST

#	Part Description	Qty.	#	Part Description	Qty.
1	Left upright	1	2	Right upright	1
3	Handlebar (left and right)	2	4	Ergo™ front crossbar	1
5	Left inside handlebar shroud	1	6	Right inside handlebar shroud	1
7	Left outside handlebar shroud	1	8	Right outside handlebar shroud	1
9	Display console	1	10	Lower upright cover (left and right) 0017-00101-1265	2
11	Left accessory tray	1	12	Right accessory tray	1
13	Handlebar cap	2	14	Rear frame endcap	2
15	Handlebar shroud screw 0017-00101-1770	6	16	Endcap / Upright cover screw 0017-00101-1772	6
17	Display console / Handlebar support screw 0017-00101-1773	6	18	Screw grommet 0017-00042-0326	2
19	Front crossbar screw 0017-00101-1774	4	20	Upright mounting bolt 0017-00101-1778	4
21	Accessory tray screw 0017-00101-1780	8	22	Front crossbar nut 0017-00103-0327	4
23	Linecord clip 0017-00042-0838	5	24	Upright washer 0017-00104-0335	4
25	Upright plug	2	26	Ergobar gasket	2
27	U channel gasket	2			

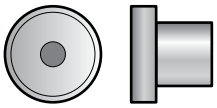
HARDWARE



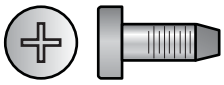
HANDLEBAR SHROUD SCREW (#15)



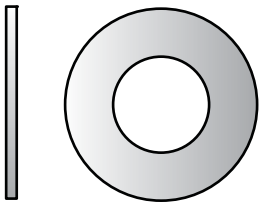
FRONT CROSSBAR NUT (#22)



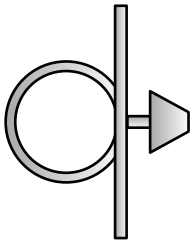
SCREW GROMMET (#18)



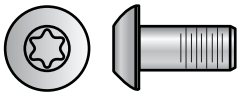
ENDCAP / UPRIGHT COVER SCREW (#16)



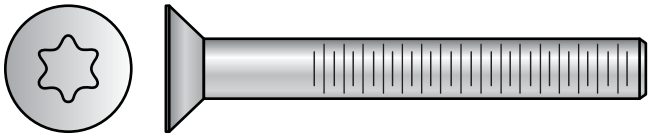
UPRIGHT WASHER (#24)



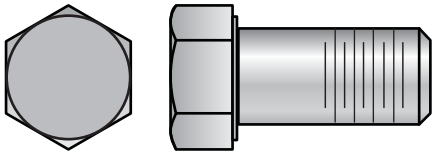
LINECORD CLIP (#23)



DISPLAY CONSOLE / HANDLEBAR SUPPORT SCREW (#17)



FRONT CROSSBAR SCREW (#19)



UPRIGHT MOUNTING BOLT (#20)

ACCESSORY TRAY SCREW (#21)

IMPORTANT!

DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE DECK AND BELT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

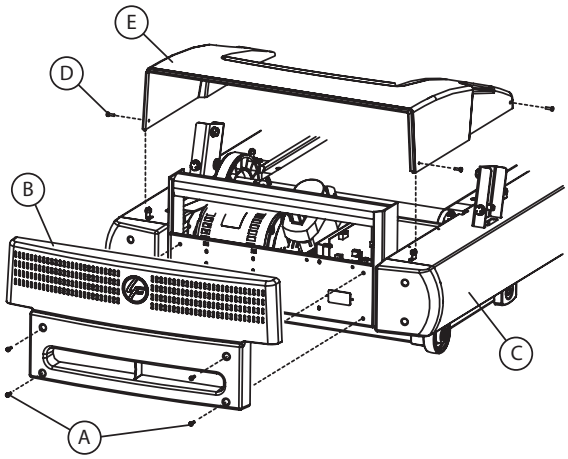
NE JETEZ PAS LE KIT D'EXPÉDITION PLACÉ SUR LE DESSUS DU PLATEAU ET SUR LE TAPIS. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

IMPORTANT!

Check the belt edge under the treadmill to verify the belt does not interfere with Lifespring brackets and the belt is properly set within the belt guides.

1. Remove the four Screws (A) securing the Front Grill (B) to the Frame (C). Remove the Front Grill and set it aside.

2. Remove the four Screws (D) securing the Motor Cover (E). Lift and remove the Motor Cover and set it aside.



3. Locate the Left Upright (1). Lay the Left Upright across the belt and deck with the notched end near the Left Upright Mounting Bracket (F).

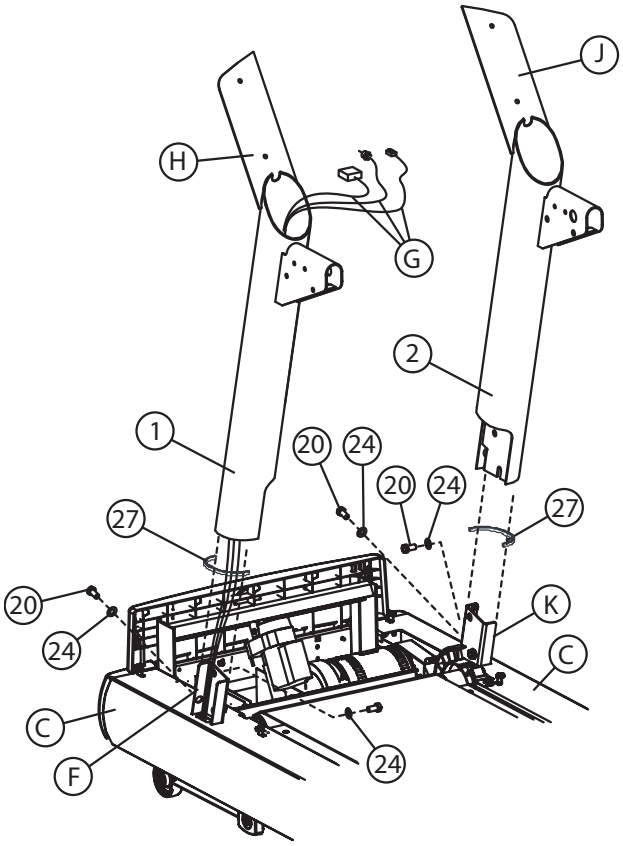
4. Unwrap the Main Wire Harness (G) leading from the Left Upright Mounting Bracket (F). Feed the Main Wire Harness through the Left Upright (1). Carefully tilt the Left Upright upwards and position the notched end of the Left Upright over the Left Upright Mounting Bracket.

   Note: *Prior to attaching the Left and Right Uprights (1 & 2) to their respective Mounting Brackets (F & K), an Extruded "U" Channel Gasket (27) must be installed on the bottom of each Upright. The Gasket must be fully seated.*

   With the Left Top Mounting Plate (H) directed forward, slide the Left Upright down over the Left Upright Mounting Bracket and pre-installed Bolt and Washer until it rests on the Frame (C). Secure the Left Upright to the Left Upright Mounting Bracket using two Bolts and Washers (20 & 24). Use one Bolt and Washer on the inside of the Left Upright and one Bolt and Washer on the front side of the Left Upright. Leave the Bolts loose at this time.

   Note: *Be careful not to damage the Main Wire Harness (G) when routing it through the Left Upright (1) or when sliding the Left Upright over the Left Upright Mounting Bracket (F).*

   Note: *Be sure the pre-installed washer is on the outside of the Left Upright (1) when sliding it down to rest on the Frame (C).*



5. Locate the Right Upright (2). With the Right Top Mounting Plate (J) directed forward, slide the Right Upright down over the Right Upright Mounting Bracket (K) and pre-installed Bolt and Washer until it rests on the Frame (C). Secure the Right Upright to the Right Upright Mounting Bracket using two Bolts and Washers (20 & 24). Use one Bolt and Washer on the inside of the Right Upright and one Bolt and Washer on the front side of the Right Upright. Leave the Bolts loose at this time.

   Note: *Be sure the pre-installed washer is on the outside of the* Right Upright *(2) when sliding it down to rest on the Frame (C).*

6. With the bend of one Handlebar (3) directed to the outside of the treadmill, insert the Handlebar into the Right Upright Handlebar Bracket (L) as shown. Be sure the handlebar mounting holes are aligned. Repeat for the left side Handlebar.

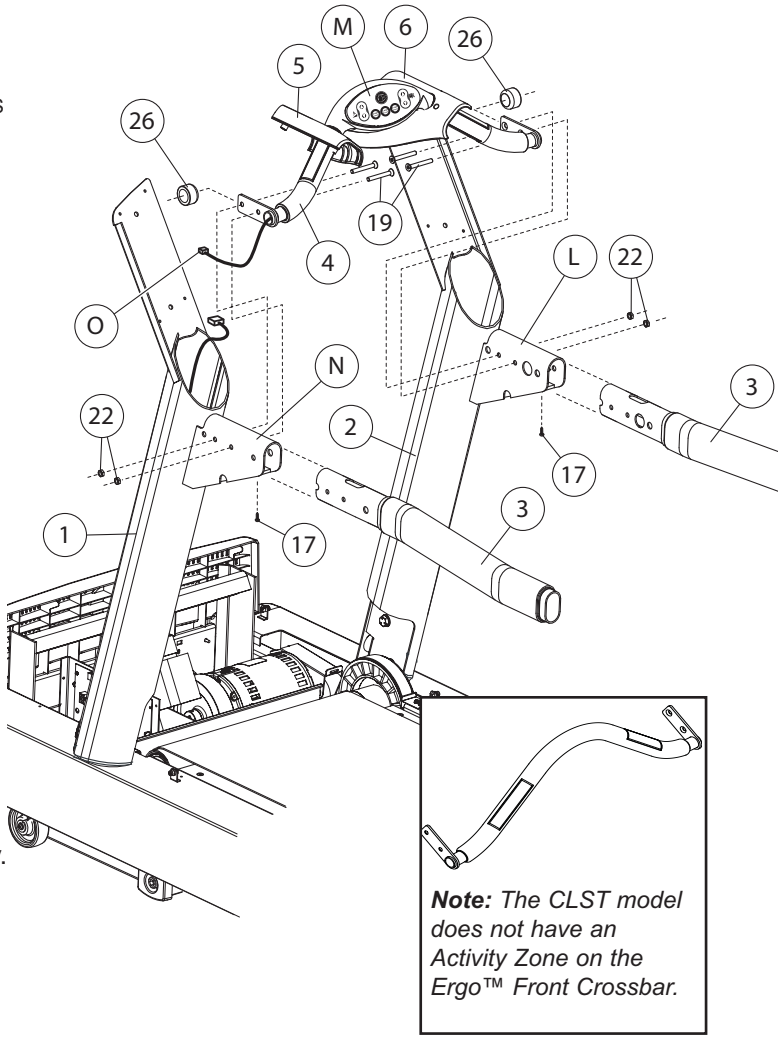
7. Locate the Ergo™ Front Crossbar (4) and position the Ergo Front Crossbar with the plastic Cover (M) facing upward and forward as shown. Locate and slide the Left and Right Inside Shrouds (5 & 6) over the corresponding ends of the Ergo Front Crossbar as shown. Slide the Left and Right Inside Handlebar Shrouds towards the center of the Ergo Front Crossbar as shown.

   Note: *Be careful not to damage any wire harnesses that may be leading from the ends of the* Ergo Front Crossbar *(4).*

8. Install one Ergobar Gasket (26), rounded end first, over either end of the Ergo Front Crossbar (4). Position the gaskets just over the end brackets to meet the overmolding.

   Note: *Be careful not to damage any wire harnesses that may be leading from the ends of the* Ergo Front Crossbar *(4).*

9. Position the right end of the Ergo Front Crossbar (4) near the large access hole on the inside of the Right Upright Handlebar Bracket (L). Align the Ergo Front Crossbar Mounting Holes with those in the Right Upright Handlebar Bracket and secure using two Bolts (19), from the inside of the treadmill, and Nuts (22). Tighten the Bolts securely. Insert one Screw (17) from under the Right Upright Handlebar Bracket. Tighten the Screw securely.



Note: *The CLST model does not have an Activity Zone on the Ergo™ Front Crossbar.*

10. Position the left end of the Ergo Front Crossbar (4) near the large access hole on the inside of the Left Upright Handlebar Bracket (N). Feed the Heart Rate Cable (O) into the access hole downward out the bottom of the Left Upright Handlebar Bracket.

    Align the crossbar mounting holes with those in the Left Upright Handlebar Bracket and secure using two Bolts (19), from the inside of the treadmill, and Nuts (22). Tighten the Bolts securely. Insert one Screw (17) from under the Left Upright Handlebar Bracket. Tighten the Screw securely.

    Note: *Be careful not to pinch the* Heart Rate Cable *(O) (if equipped) when assembling the* Ergo Front Crossbar *(4) to the* Left Upright Handlebar Bracket.

    Feed the Heart Rate Cable (O) upward through the top of the Left Upright (1).

11. Slide the Left Inside Handlebar Shroud (5) near the Left Upright Handlebar Bracket (N).

    Locate and position the Left Outside Handlebar Shroud (7) to match the Left Inside Handlebar Shroud.

    Secure the Shrouds together using three Screws (15). Tighten the Screws securely. Do not overtighten the Screws. Repeat the procedure for the Right Inside and Outside Handlebar Shrouds (6 & 8).

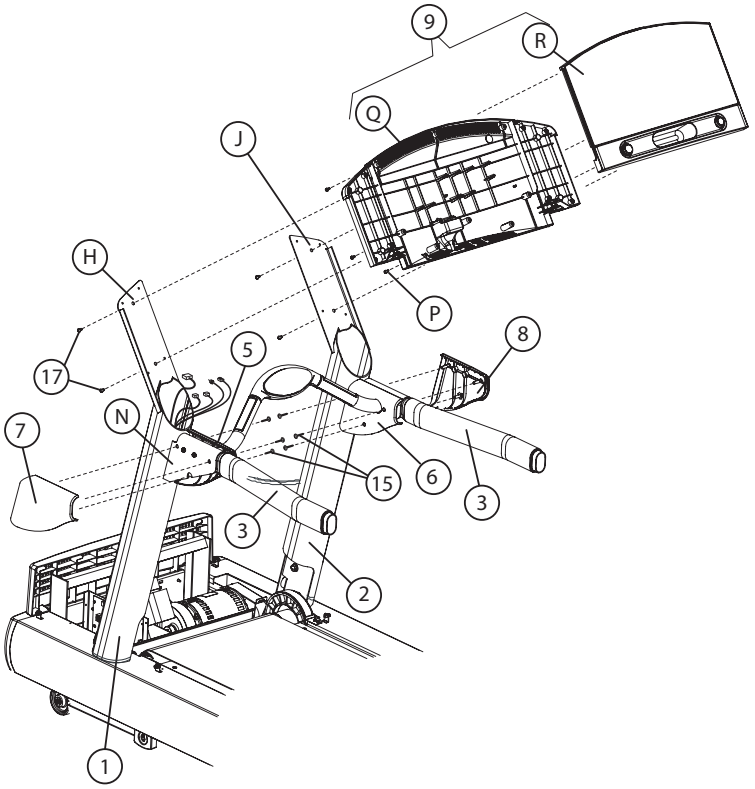
12. Locate the Display Console (9). Remove the eight Screws (P) from the back of the Display Console and separate the front of the Display Console from the rear. Position the Rear Console (Q) over the Left and Right Top Mounting Plates (H & J) as shown. From the bottom of the Left and Right Top Mounting Plates, secure the Rear Console using four Screws (17). Tighten the Screws securely. Do not overtighten the Screws.

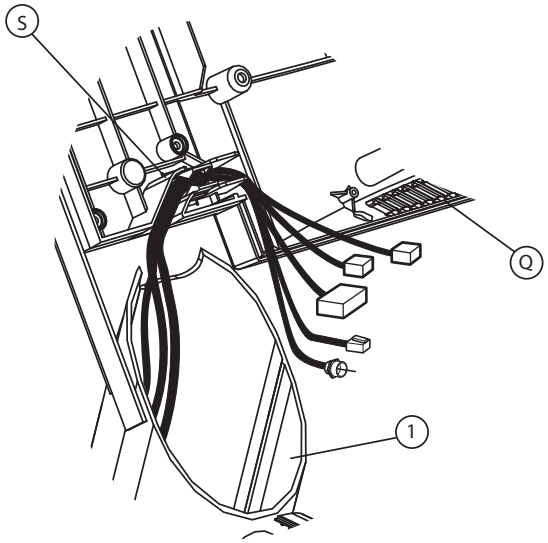
13. Position and rest the Front Console (R) face down across the Handlebars (3). Connect all Connectors leading from the Left (if equipped) and Right Uprights (1 & 2) to the corresponding Connectors located on the Front Console. Feed any excess Wire Harness into the Uprights. Carefully route all Wire Harnesses through the Wire Harness Guides (S) located at the lower left of the Rear Console (Q).

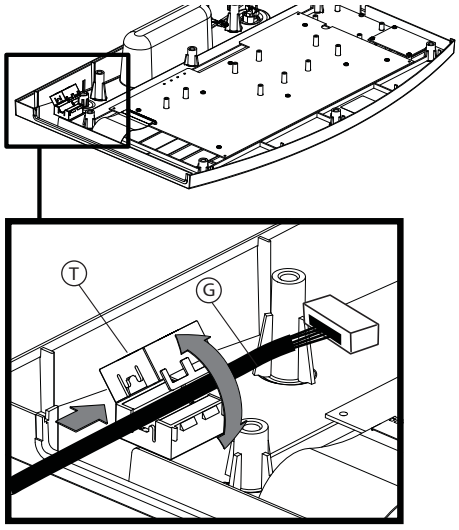
    Note: *Consoles for the European Union countries are equipped with a* Ferrite *(T). Open the* Ferrite *(T). Route the Main Wire Harness (G) through the* Ferrite. *Close the* Ferrite.

14. Tilt the Front Console (R) upright and in position over the Rear Console (Q). Secure the Front Console to the Rear using the previously removed eight Screws (P). Tighten the Screws securely. Do not overtighten the Screws.

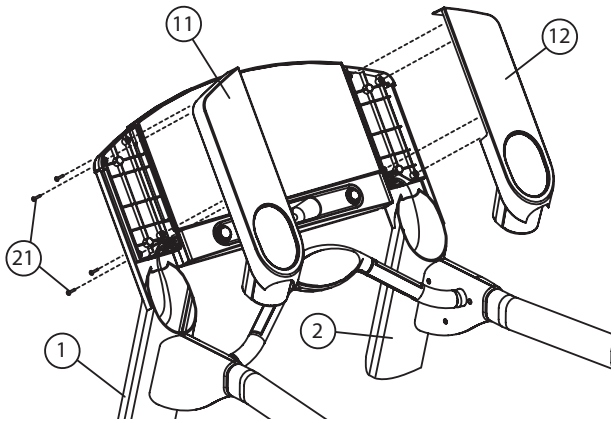
    Note: *Be careful not to pinch any cables when assembling the* Front Console *(R) to the* Rear Console *(Q).*







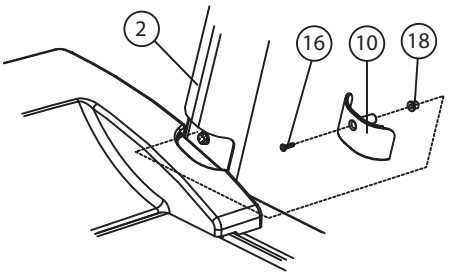
15. Locate the Left Accessory Tray (11). Carefully slide the tray into the top of the Left Upright (1) as shown until fully seated. Secure the accessory tray to the Left Top Mounting Plate (H) using four Screws (21). Repeat the procedure for the Right Accessory Tray (12) and Right Top Mounting Plate (J).



16. Tighten all Upright Bolts securely.

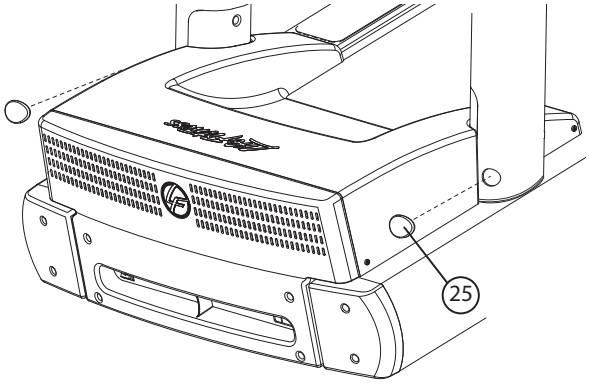
17. Replace the Motor Cover (E) and secure the Motor Cover to the Frame (C) using the four previously removed Screws (D). Tighten the Screws securely. Do not overtighten the Screws.

18. Replace the Front Grill (B) and secure the Front Grill to the Frame (C) using the four previously removed Screws (A). Tighten the Screws securely. Do not overtighten the Screws.



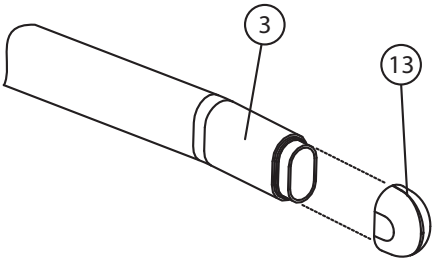
19. Locate one Screw Grommet (18). Insert the Screw Grommet into the square hole located above the top inside mounting bolt of the Right Upright (2). Repeat for the remaining Screw Grommet and Left Upright (1).

20. Locate one Lower Upright Cover (10). Position the Lower Upright Cover at the bottom notch of the Right Upright (2) making sure the top lip of the Upright Cover is engaged under the outside notch of the Right Upright. Secure the Upright Cover to the Right Upright using one Screw (16). Tighten the Screw securely. Do not overtighten the Screw. Repeat the procedure for the Left Upright (1) and remaining Upright Cover.



21. Locate the Upright Plugs (25). Insert one Upright Plug into each of the two access holes located on the lower outside of the Left and Right Uprights (1 & 2).

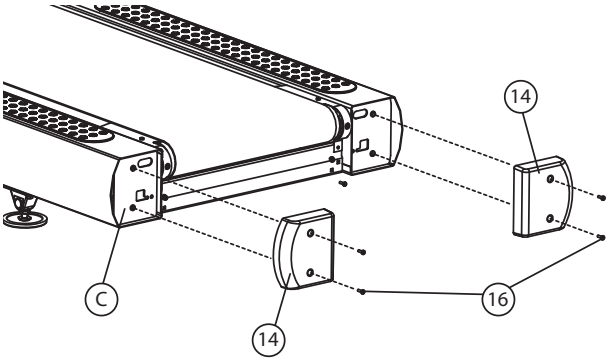
22. Locate and press the Handlebar Caps (13) over the ends of the Handlebars (3). Be sure the Handlebar Caps are fully seated.



23. Using two Screws (16) each, attach the two Rear Frame End Caps (14) to the Frame (C) as shown. Tighten the Screws securely. Do not overtighten the Screws.

24. **The treadmill striding belt must be "walked-in" for five minutes after assembly is complete.**

    Plug the treadmill into an appropriate outlet. Turn the treadmill on at the on/off switch. Select QUICK START from the console. Increase the speed to 3 mph (4.8 km/h). Start walking in the front left corner of the walking surface and drift to the back, move to the center of the deck and walk towards the front, and finally walking to the right corner and drifting to the back. Continue pattern for five minutes.



25. Refer to the specific treadmill's Operation Manual for power requirements, proper line cord routing, and other critical product information before connecting the treadmill to a power source.

IMPORTANT!

CHECK THE BELT EDGE UNDER THE TREADMILL TO VERIFY THE BELT DOES NOT INTERFERE WITH LIFE-SPRING BRACKETS AND THE BELT IS PROPERLY SET WITHIN THE BELT GUIDES.

PHYSICAL DIMENSIONS:

	WEIGHT LBS (KG)		STEP UP HEIGHT		PHYSICAL DIMENSIONS INCHES (CM)		
MODEL	LOW VOLTAGE	HIGH VOLTAGE	INCHES	CM	LENGTH	WIDTH	HEIGHT
CLST	403 (183 kg)	413 (187 kg)	11	28	83 (211 cm)	37 (94 cm)	63.5 (161 cm)
97Ti	431 (195 kg)	440 (200 kg)	13	33	83 (211 cm)	37 (94 cm)	65.5 (166 cm)
CST	410 (186 kg)	420 (191 kg)	11	28	83 (211 cm)	37 (94 cm)	63.5 (161 cm)

PRE-OPERATION CHECKLIST (A digital version of the Operation Manual can be found on the attached CD.)

- ✔ Ensure that all fasteners are tight.
- ✔ Make sure the STRIDING BELT is properly tensioned and aligned according to the Operation Manual.
- ✔ Check the operation of the STOP switch and tether switch assembly.
  (See Operation Manual.)
- ✔ Confirm the display console is set to English or Metric units.
  (See Optional Settings ENG/MET in Operation Manual.)
- ✔ Refer to the Operation Manual for real time clock setting.
- ✔ Read the entire Operation Manual before using the treadmill.

LISTE DES VÉRIFICATIONS À EFFECTUER AVANT LA MISE EN MARCHE

(Une version électronique du Manuel de l'utilisateur peut être trouvée sur le CD)

- ✔ Vérifiez si tous les dispositifs de fixation sont serrés.
- ✔ Assurez-vous que le TAPIS est bien tendu et aligné, conformément aux instructions du manuel d'utilisation.
- ✔ Vérifiez le fonctionnement de l'interrupteur d'ARRÊT et reliez-le.
  (cf. Manuel de l'utilisateur).
- ✔ Vérifiez si la console d'affichage est sur le système métrique ou anglais.
  (Référez-vous aux réglages facultatifs relatifs aux systèmes de mesure dans le Manuel de l'utilisateur.)
- ✔ Consultez le Manuel de l'utilisateur pour le réglage de l'horloge en temps réel.
- ✔ Lisez le Manuel de l'utilisateur dans son intégralité avant d'utiliser le tapis roulant.

Before attempting to operate your Treadmill, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Life Fitness treadmill does not respond as described in the OPERATION MANUAL contact the Life Fitness Customer Support Services at 800.351.3737 (*toll-free within U.S.A., Canada*). Refer to the OPERATION MANUAL for a contact list for International Offices.

Prior to your call, please be sure you have located and noted the MODEL NUMBER & SERIAL NUMBER. The Model and Serial numbers for each unit are located on the back of the unit near the toe guard as well as under the left rear endcap.